

CLASS DESCRIPTIONS

ALIGNMENT YOGA Positioning the body in a way that allows the full benefit of the pose while avoiding injury.

AQUA JOGGING This deep end class involves intervals of jogging, running and sprinting designed to increase heart rate and burn calories.

AQUA STEP A High impact cardio and strength class in a low impact environment to work your abs and lower body muscles.

AQUA ZUMBA Integrates the Zumba formula with traditional aqua fitness disciplines to create a fun, exhilarating workout.

ARTHRITIS AEROBICS Shallow water class designed for people with arthritis and other related conditions to improve overall function.

BARRE This class offers a full body toning workout utilizing added props for additional resistance training.

BEGINNING TO COAST There's no need for newcomers to fear here, you can go at your own pace and learn the basics of indoor cycling.

BEGINNING YOGA Suitable for 1st timers or a refresher.

CARDIO STEP These classes are designed to train the cardiovascular system, decrease stress, and improve body composition.

CHAIR ZUMBA GOLD Practiced sitting on or standing with a chair for support.

COAST AND TONE Mix of Coast and off the bike body weight and light resistance band work.

COMBO This class is designed to combine cardio with light strength training, plyometric and core exercises.

CRUISING THE COAST Learn the basics with this pedal at your own pace ride. Our instructor will modify based on fitness level.

DEEP WATER AEROBICS Deep water class designed for sedentary adults to improve overall function, performance and balance.

GENTLE YOGA Slow and gentle Yoga with the main focus on functional movements.

INTERMEDIATE YOGA Geared for those who practice Yoga regularly with added intensity and more complex postures.

LIQUID PILATES Deep water class that focuses on core strength, body mindfulness, control, and balance.

PILATES Focus on developing strength, flexibility and coordination through the core of the body--the back, abdomen and hips.

POUND FITNESS This class is a full-body cardio jam session, combining light resistance with constant simulated drumming.

POWER THE COAST This ride will have you pedal through intervals for recovery times after you pedal with power. *All levels*

REJUVENATION YOGA Focused movements and poses to help relax muscles while using breath to allow your mind and body to connect.

SILVER SNEAKERS CLASSIC Low impact workouts to improve strength, flexibility, posture and balance. Exercise at your own pace.

STRENGTH & CONDITIONING Full body class combines weights, bands, body bar, and ball to concentrate on major muscle groups.

STRONG Combines high intensity interval training with the science of synced music motivation.

TABATA High-intensity interval training workout that features multiple short timed exercises.

TRX BASIC TRX Strap workout that will build strength while improving flexibility and balance.

TRX BLAST Engage all your muscles with this non-stop TRX circuit style workout that includes TRX straps.

VINYASA YOGA Coordinated movement with breath to flow from one pose to the next.

WAKING THE COAST Start your morning right with this invigorating indoor cycling class filled with positive vibes.

WATER AEROBICS This fun and exciting program improves cardiovascular endurance, muscular strength, flexibility and range of motion.

YOGA Uses slow stretching movements to increase flexibility, balance, and relieve stress.

ZUMBA A fun aerobic class teaching you dance movements inspired by various styles of Latin American music.

ZUMBA GOLD Geared towards exercise "newbies", physically limited or inactive older adults.

ZUMBA TONING Uses light hand weights along with dance to build strength and condition.

Fun • Family • Fitness

FITNESS CLASS SCHEDULE

EFFECTIVE DATE: MAY 28, 2018

DAVID L. BODENHAMER CENTER

310 West 19th Avenue

251-968-1420

Monday - Friday 5:30a - 9p

Saturday 8a - 6p **Sunday** 1p - 6p

AQUATICS CENTER @ BODENHAMER

General Swim **Mon-Fri** 1p-9p **Sat** 8a-6p **Sun** 1p-6p

Lap Swim **Mon-Fri** 6a-7a, 10:30a-9p **Sat** 8a-6p **Sun** 1p-6p



STUDIO FITNESS @ THE CULTURAL CENTER

19470 Oak Road West (County Rd 6)

251-968-9813

Monday - Friday 6a - 7p

Times and dates are subject to change

RECREATION & CULTURAL AFFAIRS



@GulfShoresRec



www.gulfshoresal.gov

M	MONDAY	Instructor	Location
6:15 AM	Waking the Coast ★	Mo	CC
6:15 AM	TRX Basic ★	Tracy	CC
7:30 AM	Tabata ★	Tracy	CC
7:30 AM	Strength + Conditioning	Beth	BRC
7:30 AM	Aerobics	Bonnie	BRP
8:00 AM	Vinyasa Yoga	Adwiti	PH
8:30 AM	Cardio Step	Beth	BRC
8:30 AM	Liquid Pilates	Bonnie	BRP
9:30 AM	Strength + Conditioning	Beth	BRC
10:00 AM	Beginning Yoga	Jan	PH
10:30 AM	Zumba Gold	Sherie	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:00 AM	Cruising the Coast ★	Connie	CC
12:00 PM	Alignment Yoga	Candice	BRC
12:00 PM	Aqua Step	Sherie	BRP
12:00 PM	Deep Water Aerobics	Jennifer	BRP
5:30 PM	TRX Level 2 ★	Joel	CC
5:30 PM	Zumba	Sherie	BRC
5:30 PM	Cruising the Coast ★	Connie	CC
6:30 PM	Pound Fitness (1/2 hr)	Sherie	BRC

F	FRIDAY	Instructor	Location
6:15 AM	Waking the Coast ★	Mo	CC
6:15 AM	TRX Blast ★	Tracy	CC
7:30 AM	Strength + Conditioning	Beth	BRC
7:30 AM	Aerobics	Bonnie	BRP
8:00 AM	Beginning Yoga	Jan	PH
8:30 AM	Cardio Step	Beth	BRC
8:30 AM	Liquid Pilates	Bonnie	BRP
9:00 AM	Barre ★	Jennifer	CC
9:00 AM	Restorative Yoga	Jan	PH
9:30 AM	Strength + Conditioning	Beth	BRC
11:00 AM	Cruising the Coast ★	Connie	CC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:30 AM	Zumba Toning	Sherie	BRC
12:00 PM	Deep Water Aerobics	Jennifer	BRP
12:30 PM	Vinyasa Yoga	Adwiti	BRC
2:00 PM	Chair Zumba Gold	Sherie	BRC

T	TUESDAY	Instructor	Location
6:15 AM	Waking the Coast ★	Tracy	CC
7:00 AM	Pilates	Bonnie	BRC
7:30 AM	TRX Blast ★	Tracy	CC
7:30 AM	Aerobics	Joyce	BRP
8:00 AM	Gentle Yoga	Bonnie	BRC
8:30 AM	Zumba Toning ★	Sherie	CC
8:30 AM	Liquid Pilates	Kelsey	BRP
9:00 AM	Pilates	Bonnie	BRC
9:00 AM	Beginning Yoga	Margit	PH
10:00 AM	Zumba	Alejandra	BRC
10:00 AM	Beginning Yoga	Margit	PH
11:00 AM	Beginning Yoga	Margit	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
12:00 PM	Intermediate Yoga	Margit	BRC
12:00 PM	Aqua Zumba	Sherie	BRP
12:00 PM	Deep Water Aerobics	Bonnie	BRP
12:15 PM	Beginning to Coast ★	Tracy	CC
2:00 PM	Silver Sneakers Classic	Sherie	BRC
5:30 PM	TRX Basic ★	Joel	CC
5:30 PM	Intermediate Yoga	Connie	BRC
5:45 PM	Power the Coast ★	Mo	CC

S	SATURDAY	Instructor	Location
8:00 AM	Aerobics	Bonnie	BRP
9:15 AM	Pilates	Bonnie	BRC
9:15 AM	Aqua Zumba	Sherie	BRP
10:15 AM	Vinyasa Yoga	varied	BRC
11:15 AM	Zumba	Sherie	BRG
12:30 PM	Strong	Sherie	BRC



W	WEDNESDAY	Instructor	Location
6:15 AM	Waking the Coast ★	Mo	CC
6:15 AM	TRX Basic ★	Tracy	CC
7:30 AM	Tabata ★	Tracy	CC
7:30 AM	Strength + Conditioning	Beth	BRC
7:30 AM	Aerobics	Bonnie	BRP
8:30 AM	Cardio Step	Beth	BRC
8:30 AM	Liquid Pilates	Bonnie	BRP
9:30 AM	Barre ★	Mary A	CC
9:30 AM	Strength + Conditioning	Beth	BRC
10:30 AM	Zumba Gold	Sherie	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:00 AM	Cruising the Coast ★	Connie	CC
11:30 AM	Vinyasa Yoga	Adwiti	PH
11:30 AM	Pound Fitness (1/2 hr)	Sherie	BRC
12:00 PM	Alignment Yoga	Candice	BRC
12:00 PM	Deep Water Aerobics	Jennifer	BRP
5:30 PM	Zumba Toning	Sherie	BRC
5:30 PM	TRX Level 2 ★	Joel	CC
5:30 PM	Cruising the Coast ★	Connie	CC
6:30 PM	Pound Fitness (1/2 hr)	Sherie	BRC

Th	THURSDAY	Instructor	Location
6:15 AM	Waking the Coast ★	Tracy	CC
7:00 AM	Pilates	Bonnie	BRC
7:30 AM	TRX Blast ★	Tracy	CC
7:30 AM	Aerobics	Joyce	BRP
8:00 AM	Gentle Yoga	Bonnie	BRC
8:30 AM	Zumba Toning ★	Sherie	CC
8:30 AM	Liquid Pilates	Kelsey	BRP
9:00 AM	Pilates	Bonnie	BRC
9:00 AM	Beginning Yoga	Margit	PH
10:00 AM	Zumba	Alejandra	BRC
10:00 AM	Beginning Yoga	Margit	PH
11:00 AM	Beginning Yoga	Margit	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
12:00 PM	Intermediate Yoga	Margit	BRC
12:00 PM	Deep Water Aerobics	Bonnie	BRP
12:00 PM	Aqua Step	Sherie	BRP
12:15 PM	Beginning to Coast ★	Tracy	CC
2:00 PM	Silver Sneakers Classic	Sherie	BRC
5:30 PM	TRX Basic ★	Joel	CC
5:30 PM	Intermediate Yoga	Connie	BRC
5:45 PM	Beginning to Coast ★	Mo	CC

★ **RSVP Classes** ● **Drop-In Floor Classes** ● **Drop-In Water Classes**

\$10.00 daily aerobics pass **RSVP class - \$10 each** **Full Members - INCLUDED**
 Pool Members - Water classes Included Fitness Members - Floor classes included

BRC - Bodenhamer Center *BRP* - Bodenhamer Pool *BRG* - Bodenhamer Gymnasium *CC* - Cultural Center *PH* - Pool House @ BRC
NO CLASSES 4th of July, Thanksgiving Day, Thanksgiving Friday, Christmas Eve, Christmas Day, New Year's Eve, & New Year's Day
 To provide the safest environment possible, drop-in class sizes are monitored by the instructor and are on a first come, first serve basis

★ **RSVP FITNESS CLASS POLICY**

RESERVATION Must be 15 years of age or older to participate. Full members can register in person or call 72 hours in advance to RSVP - voicemails not accepted. All patrons can reserve up to 24 hours in advance in person, by phone or online at www.gulfshoresal.gov/recreationregistration. Please arrive 15 minutes prior to class start time. Late entry is strictly prohibited. Walk-ins welcome when space is available. Wait lists available.
CANCELLATION Reservations must be cancelled 3 hours prior to the scheduled class time in person or by calling Studio Fitness at (251) 968-9813. Voicemail cancellations are acceptable. **NO-SHOWS** will be charged a \$10 missed class fee and must be paid prior to further participation.
ALL SALES ARE FINAL Classes that are purchased and cancelled within the necessary time frame will be credited to the users account.